This section is about all the physical activities that you did in the **last 7 days** solely for recreation, sport, exercise or leisure.



Please do not include any activities you have already mentioned.

Not counting any walking you have already mentioned, during the **last 7 days**, on how many days did you walk for at least 10 minutes at a time in your leisure time?

- O 1 day per week
- 2 days per week
- 3 days per week
- 4 days per week
- 5 days per week
- O 6 days per week
- 7 days per week
- No walking in leisure time

How much time did you usually spend on one of those days walking in your leisure time?

- O Less than 30 minutes
- 30 minutes but less than 60 minutes
- 0 60 minutes but less than 90 minutes
- 90 minutes but less than 2 hours
- 2 hours but less than 4 hours
- 4 hours but less than 6 hours
- 6 hours or more

And for how much of this time you spent walking in your leisure time were you out in the countryside or other green spaces?

- All of this time
- Most of this time
- Some of this time
- A little of this time

Think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days , on how many days did you do vigorous physical activities like aerobics, running, fast bicycling, or fast swimming in your leisure time ?		
0	1 day per week	
0	2 days per week	
0	3 days per week	
0	4 days per week	
0	5 days per week	
0	6 days per week	
0	7 days per week	
0	No vigorous activity in leisure time	
How much time did you usually spend on one of those days doing vigorous physical activities in your leisure time?		
0	Less than 30 minutes	
0	30 minutes but less than 60 minutes	
0	60 minutes but less than 90 minutes	
0	90 minutes but less than 2 hours	
0	2 hours but less than 4 hours	
0	4 hours but less than 6 hours	
0	6 hours or more	
And for how much of this time you spent doing vigorous activity in your leisure time were you out in the countryside or other green spaces ?		
0	All of this time	
0	Most of this time	
0	Some of this time	
0	A little of this time	
0	None of this time	
Δσο	in think about only those physical activities that you did for at least 10 minutes at a time	

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None of this time

Again, think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **moderate** physical activities like bicycling at a regular pace, swimming at a regular pace, and doubles tennis in your **leisure** time?

0	1 day per week	auto-scroll is <u>on</u>
0	2 days per week	
0	3 days per week	
0	4 days per week	
0	5 days per week	
0	6 days per week	
0	7 days per week	
0	No moderate activity in leisure time	
	w much time did you usually spend on one of those days doing moderate phour leisure time?	ysical activities
0	Less than 30 minutes	
0	30 minutes but less than 60 minutes	
0	60 minutes but less than 90 minutes	
0	90 minutes but less than 2 hours	
0	2 hours but less than 4 hours	
0	4 hours but less than 6 hours	
0	6 hours or more	
	I for how much of this time you spent doing moderate physical activites in you out in the countryside or other green spaces ?	ur leisure time
0	All of this time	
0	Most of this time	
0	Some of this time	
0	A little of this time	
0	None of this time	
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